

A Simple Guide To The Description Of The Prayer of The Prophet {Sallallahu alayhi was sallam}

**The Prophet (Sallallahu alayhi was sallam) Said,
“Pray As You Have Seen Me Praying”
(Sahih Bukhari)**

**COMPILED BY
Maktaba As-Sunna**

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Facing The Direction Of The Ka'bah

When you stand up to pray face the direction of the Ka'bah wherever you are, in both fard (obligatory) and nawafil (supererogatory) prayers.

Niyyah (Intention)

The worshipper must have the intention of praying the prayer for which he is standing. He must have the intention in his heart of performing a specific prayer¹

Qiyaam (Standing In Prayer)

It is Pillar to pray standing, except for the sick and for one who is praying a nawafil prayer.

Opening Takbir

He should start the prayer by saying "Allahu Akbar (Allaah is Most Great) whilst standing²

Raising the Hands

Then he should raise his hands with the Takbir up to the Shoulders³

¹ Recorded by Bukhari and Muslim

² Recorded by Bukhari and Muslim

³ Recorded by Bukhari

Placing Of The Hands

Then he places his right hand (Palm) on the back of his left wrist and forearm⁴

Placing Of The Hands In Prayer

He can place his hands either on the chest or below the navel or above the navel⁵

Opening Supplications

He should start the prayer with reciting one of the Opening Supplications which are narrated from the Prophet (Sallallahu alayhi was sallam):

اللَّهُمَّ بَاعِدْ بَيْنِي وَبَيْنَ خَطَايَايَ كَمَا بَاعَدْتَ بَيْنَ الْمَشْرِقِ وَالْمَغْرِبِ، اللَّهُمَّ
نَقِّنِي مِنْ خَطَايَايَ، كَمَا يُنَقَّى الثَّوْبُ الْأَبْيَضُ مِنَ الدَّنَسِ، اللَّهُمَّ اغْسِلْنِي مِنْ
خَطَايَايَ بِالْثَّلْجِ وَالْمَاءِ وَالْبَرَدِ

“O Allah, separate me from my sins as You have separated the East from the West.

O Allah, cleanse me of my transgressions as the white garment is cleansed of stains. O Allah, wash away my sins with ice and water and frost.”⁶

⁴ Recorded by Abu Dawood and Nasa'i. Hadith graded Sahih

⁵ As for the generality of the Sahaba and Tabi'een of the Salaf, then they are upon the view that one is free to choose; either to put one's hands on the chest, on the navel, on the belly or even below that, there is nothing wrong to do one of these. Mentioned by Sheikh Abdul Aziz Bin Marzouq At-Turayfi

⁶ Recorded by Sahih Bukhari and Sahih Muslim

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Or he can say:

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ

You are Glorified, O Allaah, and Praised; Your Name is Blessed; Your Majesty is Exalted, and none has the right to worshipped but You⁷

Seeking Refuge In Allah

Then he should seek refuge with Allaah by saying:

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

“I seek refuge with Allaah from Shaitân (Satan), the outcast (the cursed one).”⁸

Basmalah

Then he should say silently – whether the prayer is to be recited aloud or silently:⁹

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

“In the Name of Allah, the Entirely Merciful, the Especially Merciful.”

⁷ This narration is not Marfoo (a narration which is connected) to the Prophet (May Peace and Blessings of Allah Be upon Him); it is a confirmed statement of Umar ibn Khattab as said by Imam Muslim in his Sahih and by Imam Ibn Khuzaymah.

⁸ Surah Nahl: 98/ Recorded by Abu Dawood & Tirmidhi with a Hasan chain.

⁹ Recorded by Muslim

Recitation

- ❖ Then he should recite Surah al-Fatihah (the first surah of the Qur'an) in full¹⁰
- ❖ The Sunnah is to recite it one verse at a time
- ❖ It is Sunnah to read it loud in Fajr, Maghrib and Isha
- ❖ It is Sunnah to recite it quietly in Zuhur and Asr
- ❖ When in the loud prayers (first two rakahs of Fajr, Maghrib and Isha) we stay quiet, we listen to the Imam without reciting surah Fatihah. While in the silent prayers (Zuhur and Asr) we recite the Fatihah in all four rakah.¹¹

Ameen

Then Say Ameen Loudly¹²

¹⁰ Recorded by Bukhari

¹¹ Recorded by Muslim and also proof is the ayah in Surah A'raaf: 204. This is the opinion of Sheikhul Islam Ibn Taymiyyah and a group from the scholars.

¹² Recorded by Bukhari, Muslim, Nasa'i, Abu Dawood, Tirmizi and Ibn Majah.

Recitation After Surah Fatihah

- ❖ It is Sunnah to recite after Surah Fatihah another surah¹³
- ❖ If a person is unable to recite al-Fatihah at all or is unable to learn it, or he has just become Muslim and the time for prayer has come and there is not enough time for him to learn it, he can say:

Subhaan-Allaah wa'l-hamdu Lillaah wa laa ilaaha ill-Allaah wa Allaahu akbar wa laa hawla wa la quwwata illa Billaah

(Glory be to Allaah, praise be to Allaah, there is no god except Allaah and Allaah is Most great, there is no god except Allaah and there is no power and no strength except with Allaah).....”¹⁴

- ❖ Reciting a surah after Surah Fatiha is recommended in the first 2 rakats of every salah
- ❖ It is not recommended to recite a surah after Surah Fatihah in the last 2 rakats of every salah and the last rakah of Maghrib

¹³ Recorded by Bukhari and Muslim

¹⁴ Recorded by Nasa'i and Abu Dawud. Its isnaad was classed as Jayyid (Good) by al-Mundhiri in al-Targheeb wa'l-Tarheeb, 2/430. al-Haafiz Ibn Hajr indicated that it is Hasan in al-Talkhees al-Habeer, 1/236

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Ruku (Bowing)

- ❖ When he has completed the recitation, he should pause briefly, to catch his breath
- ❖ Then he should raise his hands in the manner described for the takbeer at the beginning of prayer while saying “Allahu Akbar”¹⁵
- ❖ He should then put his hands on his knees, firmly, spacing the fingers out, as if he is grasping his knees¹⁶
- ❖ He should spread his back and make it level so that if water were poured on it, it would stay there (not run off)
- ❖ He should keep his elbows away from his sides

The Remembrance in Ruku

In ruku he should say:

سُبْحَانَ رَبِّيَ الْعَظِيمِ

"How perfect my Lord is, The Supreme."¹⁷

¹⁵ Recorded in Bukhari and Abu Dawood

¹⁶ Recorded by Bukhari and Muslim

¹⁷ Recorded in Sunan Nasa'i, Abu Dawood and Tirmizi. Hadith graded Sahih.

Straightening Up From Ruku

- ❖ Then he should straighten up from ruku and while raising his hands (up to the shoulders)¹⁸

While straightening up he should say:

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

"May Allah answer he who praises Him."¹⁹

After completely rising he should say:

رَبَّنَا وَلَكَ الْحَمْدُ

"Our Lord, [and] to You be all Praise."²⁰

¹⁸ Recorded by Bukhari and Abu Dawood

¹⁹ Recorded in Bukhari

²⁰ Recorded in Bukhari

Sujood (Prostration)

- ❖ Then he should say “Allahu Akbar” While Going down into Sujood (Prostration) on either hands or Knees²¹
- ❖ He Must Prostrate On Seven Parts Of His Body²²
- ❖ He should keep his fingers together
- ❖ And point the fingers towards the Qiblah
- ❖ He should put his palms level with his shoulders (sometimes he should make them level with his ears)
- ❖ He should keep his forearms off the ground
- ❖ He should hold his feet upright with his toes touching the ground and pointing the toes towards the Qiblah
- ❖ He should be at ease in Sujood

The Remembrance In The Sujood

In Sujood he should say:

سُبْحَانَ رَبِّيَ الْأَعْلَى

"How perfect my Lord is, The Most High"²³

- ❖ It is Mustahaab to offer a lot of Du'a' during Sujood, because it is a time when Du'a is likely to be answered.
- ❖ It is not permitted to recite Qur'an whilst prostrating

²¹ Shaykh al-Islam Ibn Taymiyyah made a valuable comment on this matter in his Majmou al-Fataawa (22/449): "Praying in both ways is permissible, according to the consensus of the scholars. If a person wants to go down knees first or hands first, his prayer is valid in either case, according to the consensus of the scholars, but they disputed as to which is preferable."

²² Recorded by Muslim

²³ Recorded in Sunan Nasa'i, Abu Dawood and Tirmizi. Hadith graded Sahih

Sitting Between The Two Prostrations

- ❖ Then he should raise his head and sit between the two prostrations resting on both heels and feet²⁴

Whilst sitting he should say:

رَبِّ اغْفِرْ لِي ، رَبِّ اغْفِرْ لِي

“O my Lord! Forgive me, forgive me.”²⁵

The Second Sajdah

- ❖ Then he should say takbeer for the second Sajdah
- ❖ He should complete the second prostration the same as he did in the first

Moving To The Second Rakah

- ❖ Then he should pray the second rakah as he did in the first. Except that he does not recite the opening supplication again.

²⁴ Recorded by Muslim, Abu Dawood and Tirmizi.

²⁵ Recorded by ibn Majah, hadith Sahih

Description Of The First Tashahud

- ❖ When he completes the second rak'ah, he should sit for the first Tashahud in the position of Iftiraash (Iftiraash means sitting on the left thigh with the right foot upwards and its toes pointed towards the Qiblah):²⁶



What To Say In Tashahud

In the First Tashahud He should recite only the following silently:

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ ، السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ
وَبَرَكَاتُهُ ، السَّلَامُ عَلَيْنَا وَعَلَى عِبَادِ اللَّهِ الصَّالِحِينَ . أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ ،
وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

"All compliments, prayers and pure words are due to Allah. All acts of worship and good deeds are for Him. Peace and the mercy and blessings of Allah be upon you O Prophet. Peace be upon us and all of Allah's righteous servants. I bear witness that none has the right to be worshipped except Allah and I bear witness that Muhammad is His slave and Messenger."²⁷

²⁶ Recorded by Bukhari

²⁷ Recorded in Muslim

Description Of The Sitting In The First Tashahud

- ❖ While sitting in Tashahud he should point his finger towards the Qiblah²⁸
- ❖ He should Point the index finger without moving it²⁹
- ❖ He should Look at the index finger while pointing it³⁰

Rising for the 3rd Rakah

- ❖ When standing for the 3rd rakat (from the first tashahud) he should raise his hands after straightening up.³¹

²⁸ Recorded by Muslim. It should be done in such a manner that one should keep the thumb clung to the bottom of his forefinger while keeping the rest of the three fingers closed.

²⁹ Recorded in Muslim and also in another narration in Sahih Muslim narrated by Ibn Umar

³⁰ Recorded by Abu Dawood. Imam Nawawi said hadith is Sahih.

³¹ Recorded by Bukhari

Description Of The Last Tashahud

- ❖ After finishing the third rakah he should sit for the last tashahud in the 4th rakah or the 3rd rakah if in Maghrib
- ❖ He does not sit in this position while in the last rakah of Fajr, rather he should sit in the position of Iftiraash (sitting on the left thigh with the right foot upwards and its toes pointed towards the Qiblah)
- ❖ He should Sit in the last Tashahud in the position of Tawarruk³²



Description Of The Sitting In The Second Tashahud

- ❖ While sitting in Tashahud he should point his finger towards the Qiblah³³
- ❖ He should Point the index finger without moving it³⁴
- ❖ He should Look at the index finger while pointing it³⁵

³² Recorded by Bukhari

³³ Recorded by Muslim. It should be done in such a manner that one should keep the thumb clung to the bottom of his forefinger while keeping the rest of the three fingers closed.

³⁴ Recorded in Muslim and also in another narration in Sahih Muslim narrated by Ibn Umar

³⁵ Recorded by Abu Dawood. Imam Nawawi said hadith is Sahih.

What To Say In The Last Tashahud

In the Last Tashahud He should recite silently:

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ ، السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ
وَبَرَكَاتُهُ ، السَّلَامُ عَلَيْنَا وَعَلَى عِبَادِ اللَّهِ الصَّالِحِينَ . أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ ،
وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

"All compliments, prayers and pure words are due to Allah. All acts of worship and good deeds are for Him. Peace and the mercy and blessings of Allah be upon you O Prophet. Peace be upon us and all of Allah's righteous servants. I bear witness that none has the right to be worshipped except Allah and I bear witness that Muhammad is His slave and Messenger."³⁶

³⁶ Recorded in Muslim

Send Salah On The Prophet (Sallallahu Alayhi Was Sallam)

After that, he should send prayers upon the Prophet (peace and blessings of Allaah be upon him):

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ، وَعَلَى آلِ مُحَمَّدٍ، كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى
آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ ، اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ، وَعَلَى آلِ مُحَمَّدٍ،
كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ

"O Allah, send prayers upon Muhammad and on the family of Muhammad, just as You sent prayers upon Ibraheem and upon the family of Ibraheem. Verily, You are worthy of Praise, full of Glory. O Allah, send blessings upon Muhammad and upon the family of Muhammad, just as You sent blessings upon Ibraheem and upon the family of Ibraheem. Verily, You are worthy of Praise, full of Glory."³⁷

Tasleem

Then he should make the salutations to the right and to the left, (saying) 'Peace be upon you and the mercy of Allah', and 'Peace be upon you and the mercy of Allah', (turning in such a way) that the whiteness of his cheeks could be seen from behind³⁸

From Your Brothers At

Maktaba As-Sunna

³⁷ Recorded by Bukhari, Bayhaqi, Ahmad and Nasa'i

³⁸ Recorded by Abu Dawood, Nasa'i, Ibn Majah and Tirmizi but without the last portion. Hadith graded Sahih.